

# Focus on You

*Providing you with the right tools, wherever you are in life*

From simple questions like quick ways to de-stress or how to find more time in your schedule, to more difficult issues like finding support after the loss of a loved one, your program is there to work with you and offer suggestions, options and information.

## A Confidential & Important Resource

Your program provides useful tools and resources that can help make the most out of your day or guide you through a difficult time. All confidential and at no cost to you. Some of the topics we can help with include:

- **Resiliency**—overcoming stress and crisis at home and at work.
- **Emotional Wellness**—addiction, depression, anxiety and assistance with other emotional wellness issues.
- **Workplace success**—career goals, team conflict, crisis, management support.
- **Wellness and balance**—work-life balance, stress, relaxation, personal well-being.
- **Personal and family goals**—relationship, children and teen or aging loved ones. Changes in finances or personal situations.

**Your program includes up to 8 counseling sessions for you and your eligible dependents or household members at no cost to you.**

## Step into Action

It's quick and easy. You can access your program's tools and resources in many ways. And remember its completely confidential. We will connect you with the right resources or professionals to help you with your questions, challenges or needs. No situation is too big or too small.



Call your program's toll-free number to speak with a professional



Visit [MagellanHealth.com/member](http://MagellanHealth.com/member) for online tools, articles, resources and more

## Additional Resources and Information

### Magellan Healthyroads®

This wellness program offers you online access to use interactive tools and resources that focus on your health and wellness. Magellan Healthyroads can help you get started on a new you while helping you achieve your wellness goals.

### Legal & Financial Consultation

Your program offers you quick and confidential access to help with legal or financial questions and services you may need. Legal and financial experts are available to help with any questions you may have, or access the online library for helpful tools and resources.



**Maricopa County**

**Employee Assistance Program**

**1-888-213-5125**